



## Nexus New Times Book Review: **THE HIDDEN STORY OF CANCER**

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The Hidden Story of Cancer by Brian Scott Peskin, BSEE, MIT, with Amid Habib, MD, FAAP, FACE. Pinnacle Press, Houston, USA, 2006 ISBN n/a (503pp hc, limited edition) Availability: Pinnacle Press, PO Box 56507, Houston TX 77256, USA, tel 800-456-9941 (tf), [www.brianpeskin.com](http://www.brianpeskin.com)

This is one of the most important books you could ever read if you want to understand and prevent cancer. Certainly, cancer prevention is the focus of nutritional and medical scientist Brian Peskin in this book co-written with clinical researcher Dr. Amid Habib, who believes Peskin's anti-cancer regimen also helps against obesity, diabetes and many other illnesses.

Much of Peskin's thinking on anticancer strategies is based on the findings of Nobel Prize-winning German physician and biochemist Dr. Otto Warburg (1883-1970), who uncovered the primary cause of cancer and how cancer can be prevented. Decades of expensive research into secondary causes have failed, says Peskin. The primary cause of cancer is too little oxygen getting to the cells. Dr. Warburg discovered that just by decreasing a cell's oxygen content by about one-third, cancer is automatically induced. That is all that's required for cancerous cells to grow. This underlying cause is the same from one person to the next.

The challenge for Peskin was to find a way to get sufficient oxygen to the cells and keep it there – a challenge that had eluded Dr. Warburg. However, it wasn't until 2002 that he found the missing link: essential fatty acids (EFAs). Both omega-6 and omega-3 EFAs are part of the cell membrane and facilitates the flow of oxygen into the cells. However, the body cannot manufacture EFAs: these must be obtained in the diet and consumed in the correct ratio, i.e., at least 1:1 or 2:1 of omega-6 to omega-3.

As well as providing scientific and clinical back-up for this argument, the authors suggest a simple, five-step anticancer plan. It includes not just taking "parent" EFAs but sufficient quantities of bioavailable minerals that help maximize oxygen transfer. It also requires taking sufficient (organically produced) animal-based protein to help haemoglobin carry enough iron to maximize blood oxygen levels, minimal carbohydrates, and a herbal detoxifier (Essiac is recommended). This advice has benefits not just in protection but in combating ill effects of radiotherapy and improving cancer remission chances. This is a groundbreaking thesis that deserves worldwide recognition.